



JULY IS PARK AND RECREATION MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Get ready for a long weekend! Tell us what you would like to see from your park system. Take the survey! Take the entire family to the Red Caboose Concerts at Bellevue Park.	2 Explore the city's favorite greenspace, Centennial Park! Check out Musicians Corner @ Noon The Parthenon , 9 a.m.— 4:30 p.m. Big Band Dances , 7 p.m.— 11 p.m.
3. Have a picnic in any one of our 185 parks. Are you in the park today? Take a selfie! Tag us on Facebook or Twitter	4. July 4 Celebration @ Ascend, Walk of Fame, and Riverfront Parks Hot Chicken Festival @ East Park July 4th 5K @ Public Square Park	5. Treat your fur baby to an afternoon romp at one of our 7 Dog Parks! 12th South Farmers Market	6. Improve your backhand @ the Sportsplex Tennis Center Food Truck Wednesdays @Centennial Park	7. Get your splash on at Wave Country! Go online for a <i>discount coupon.</i>	8. Explore Civil War history at Fort Negley Full Moon Pickin' Party @ Warner Park Equestrian Center	9. Get adventurous on one of the many biking & hiking trails @ Warner Parks! Summer Star Party, 9 p.m.—11 p.m., Edwin Warner Park
10 Sunday Game: Name a Song with the word "park" in it. Take your Model Airplane to Cane Ridge, Peeler or Edwin Warner Parks. Make sure you get your permit!	11 Walk, run or bike on one of our 200+ miles of trails and greenways. Go for a swim at one of our 8 family-friendly pools	12 Pump iron in the Centennial Sportsplex Fitness Center Celebrate Hummingbirds @ Warner Park Nature Center	13 It's a great day to take a class or tour the latest exhibit at the Centennial Art Center!	14 <i>Check out the Water Aerobic Classes @ Centennial Sportsplex</i> Take a tour of the fabulous Two Rivers Mansion	15 Jam or just groove with the Hartman Park Band @ Noon Did you know Metro Parks maintains Disc Golf Courses at Seven Oaks, Two	16 Richland Park Farmers Market Nashville Rib & Jazz Festival @ Cumberland Park
17 Jazz on the Cumberland @ Cumberland Park Go fishing at one of our 4 great lakes!	18 Southeast Farmers Market Get out and get active! Take one of our Aquatics, Dance, Fitness, Kayaking, Music, Ice Skating, Tennis, Theater, or Visual Art Classes	19 Take a Zumba, Yoga, Aerobic, or fitness class at one of our Regional Centers Did you know Metro Parks maintains Disc Golf Courses at Seven Oaks, Two Rivers and Cedar Hill Parks?	20 Check out our Acting Classes & Theater Camps at the Centennial Performing Arts Center Metro Parks has 143 playgrounds across the city. There's one near you.	21 Cool off at Watkins, Kirkpatrick or Cumberland Spray Parks! What's your favorite park? Hit us up on Facebook	22 Tales @ Twilight (performances for kids), 7 p.m., Cumberland Park Don't forget to take the Plan To Play survey!	23 Dig in the sand, cool off in the water & check out the riverfront at Cumberland Park. Bored? Go to our website for a load of special events!
24 Play a round of golf at any of our 7 fabulous Golf Courses!	25 Check out 20th Century Images @The Parthenon	26 It's getting hot out there! Go ice skating at the Sportsplex Ice Rink	27 Get in shape with a Boot Camp Class at the Sportsplex Fitness Center Shelby Park Picture Show @ Old Timers Baseball Field Shelby Park	28 Book a canoe trip or kayak class with our Outdoor Recreation Division.	29 Back to School Party @ Hadley Park Our community centers offer after-school programs. Find one near you.	30/31 30: Cornelia Fort Pickin' Parties @ Cornelia Fort in Shelby Park 31: What is House Music? Dance Event in Centennial Park